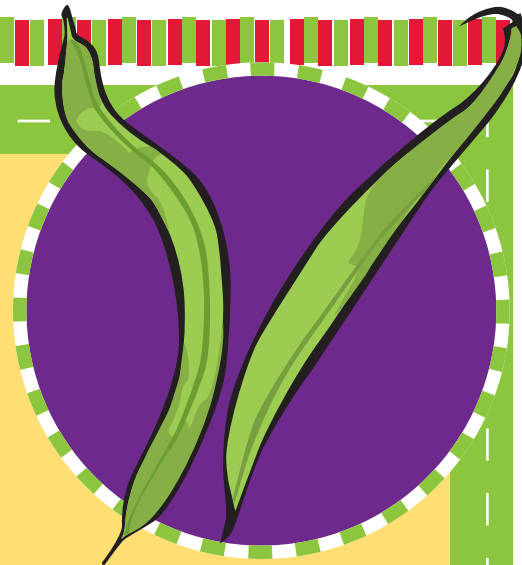


In Season:



Green Beans!



NUTRIENTS IN GREEN BEANS:

Vitamins: A, C, K, and folate; fiber.

SELECTION:

Choose fresh, well-colored beans that snap easily when bent.

STORAGE:

Refrigerate green beans in plastic bag and use within 1 week.

QUICK FIX TIPS:

- Mix together cooked brown rice, green beans, olives, garlic, and red onion in a large salad bowl. Add vinaigrette dressing and stir to coat evenly. Serve chilled.
- Steam green beans with chopped onion. Add a clove of garlic to cooking water.
- Add green beans to your favorite soup or stew for extra nutrients.



Quick Green Beans

Prep Time: Less than 30 Minutes **Preparation:**

Serves: 4

Cups of Fruits and Vegetables per Serving: 1

Ingredients:

- 1 pound fresh green beans
- ½ cup sliced red onion
- 1 clove garlic, crushed
- ¼ cup fat-free, vinaigrette salad dressing
- 2 tbsp slivered almonds

1. Bring a pot of water to a boil.
2. Meanwhile, wash the beans and snip off stems.
3. Cut beans into 2-inch long pieces.
4. Add beans to boiling water and boil for 4-5 minutes, until they are bright green in color.
5. Remove beans to serving container.
6. Add onion, crushed garlic, and salad dressing and mix.
7. Top with slivered almonds.



Nutritional Information per Serving:

Calories:75; Total Fat:1.8g;
Dietary Fiber:4g; Sodium:132mg



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Recipe is courtesy of Produce for Better Health Foundation (PBH).

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